

# aquaerobics

Join us for a twice-per-week, safe, effective, water workout that includes a warm-up, stretching and toning, aerobic movements, and a cool-down, all set to music. The buoyancy and support of the water makes exercise less stressful on the joints



AGES  
18+

CLASS MINIMUM: 10 CLASS MAXIMUM: 30

Tuesdays & Thursdays, 6:15-7:15pm  
Queensbury Elementary School Pool  
Aviation Road, Queensbury

SESSION 3: January 4-February 17

SESSION 4: March 1-April 14

SESSION 5: April 26-June 9

Resident: \$49/session Non-Resident: \$59/session

For More Information and to Register:  
[recreation.queensbury.net](http://recreation.queensbury.net)  
or in-person at 742 Bay Road



Queensbury  
**PARKS &  
RECREATION**

742 Bay Road, Queensbury NY 12804 | 518-761-8216